



SMC Tuckshop Menu 1st Term 2020



Our tuckshop is open from 8:00am. We offer a BREAKFAST MENU available from 8am - 8:30 daily

FLEXISCHOOL ELECTRONIC ORDERING ALSO AVAILABLE www.flexischools.com.au

Flexischool order cut off 9:30am

EFTPOS Available

SPECIALS

Mystery Weekly Special \$5.50
available daily
Students will be informed of special through the morning notices

MONDAY

Burger Day \$5.50

Your choice of Chicken/Beef or Veggie Pattie in a bun with mayo, lettuce, tomato, cheese and tomato sauce

TUESDAY

Spaghetti & Meatballs, served with a slice of garlic bread \$5.50

Spaghetti in a Napoli Sauce, served with a slice of garlic bread (V) \$4.50

Honey Soy Chicken & steamed rice \$5.50

WEDNESDAY

Nachos Day \$5.50

Your choice of Mince or Vegetarian Nachos over Corn chips served with cheese and a dollop of sour cream

Penne pasta in a Spinach and Alfredo Sauce(V) \$4.50

THURSDAY

Butter Chicken \$5.50

Hash browns .60c

FRIDAY

Crumbed Fish & Oven Baked Wedges \$5.50

Fried Rice \$5.00

Hash browns .60c

BREAKFAST

(8:00am – 8:30am only)

Yoghurt & Berry Cups \$2.70

Raisin Toast (2 slices) \$2.70

Banana Bread \$2.70

Croissants with Ham or Cheese \$3.00

Croissants with Ham & Cheese \$3.50



AVAILABLE EVERY DAY

Morning Tea and Lunch

HOT FOOD

Steamed Dim Sims (3) with soy sauce \$3.00

Spinach & Ricotta Roll \$3.50

Sausage Roll \$3.50

Beef Pie \$4.00

Sauce (Tomato/BBQ/Sweet Chilli) .30c

Italian Toastie \$5.50

(Toasted Focaccia with Roasted Chicken and mild spicy salsa & cheese)

COLD FOOD

Fruit (Choice of seasonal fruit) \$1.00

Fruit Salad \$3.50





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AVAILABLE EVERY DAY

Morning Tea and Lunch

Build your own sandwich/Roll or Wrap

2 slices of bread	\$2.00
Wrap (white or wholegrain) or a roll	\$2.50
GF Wrap or bread	\$2.50
Choice of margarine or mayo if desired	
Toasting extra .50c	

Add filling \$1.00 each

Vegemite	Chicken
Jam	Lamb
Honey	Egg
Ham	Tuna

Add salad options .50c each

Lettuce	Carrot
Tomato	Baby Spinach
Cucumber	Red Onion
Beetroot	Cheese



Specialty wraps

(Choice of grain or white wraps/rolls,
– Gluten free wraps available)

<i>Chicken Caesar Wrap</i>	\$5.50
(Lettuce, chicken, bacon, parmesan cheese with Caesar dressing and boiled egg (optional))	
<i>Lamb & Feta Wrap</i>	\$6.00
(Tzatziki dressing, yiros lamb lettuce tomato, cucumber ,feta and red onion)	

Salad Boxes

Regular salad includes lettuce, tomato, cucumber, carrot, cheese & beetroot

Small salad box	\$3.50
Large salad box	\$4.50
Chicken or Ham salad Box	\$5.00
Egg or Tuna Salad Box	\$5.50
Chicken Caesar Box	\$5.50

(Lettuce, Chicken, Bacon, Parmesan + Croutons and boiled egg (optional))

Lamb Salad Box \$6.00

(Yiros lamb, lettuce, tomato, cucumber, red onion & feta served with tzatziki dressing)

Roast Pumpkin Salad Box \$5.00

(Lettuce, Roast Pumpkin, Snow Peas, & Grilled Haloumi, with Balsamic dressing)

Roast Pumpkin and Chicken Salad \$6.00

(As above just add chicken)

DRINKS

Water 600ml	\$2.00
Popper Juice (Golden Circle 100% Juice)	\$2.20
Large Juice	\$2.80
Small flavoured Milk	\$3.20
Large Flavoured Milk	\$3.70
Soy Milk Vanilla Chai	\$3.70
Waterfords Mineral Water (Assorted)	\$3.00
Remedy Kombucha Teas (Assorted)	\$3.00
Up & Go Sanitarium Drinks	\$2.20
Liptons Iced Teas	\$3.80
Coffee (Available to Seniors Only)	\$3.00
Hot Chocolate	\$3.00
Chai Tea	\$3.00



ICE CREAMS

Available Big Lunch Only

Icypoles	\$2.00
Milo Scoop Cups	\$3.20
Maxibons	\$4.20
Billabong Ice creams	\$2.50